

CREATING A CLEARER VIEW OF CORBY

# focussed

on Corby

Looking Inside  
**Corby  
Town fc**



The future is bright for



## CORBY TOWN FC CLUB SHOP

**FREE MATCH DAY  
TICKETS INSIDE**

**Money  
Saving  
Coupons  
Inside**

### Focus-on:

- Corby Town Centre & Willow Place
- Corby Town FC
- Corby Business Awards
- Meet the Mayor/Carnival Queens





VAUXHALL

# Forest Gate, your local Ford & Vauxhall Dealer



## New & Used Car Sales Servicing & MOT Motability Specialists

Stay up-to-date with our latest offers!

visit: [www.forest-gate.co.uk](http://www.forest-gate.co.uk)



**CORBY**  
Whittle Road, Phoenix Parkway, (next to ASDA) NN17 5DX  
**01536 400111**  
[www.forest-gate.co.uk](http://www.forest-gate.co.uk)

## Welcome

To the second edition of 'Focussed on Corby' magazine. In this issue you will see we really are focussed on Corby with lots of local information and special offers to give back to the people of Corby. For instance, why not treat yourself and the family to a U16s home game at Corby Town FC in December.....ON US? Or watch the first team at any home game in January for 25% OFF. Inside this issue you will find not one, but two match day ticket vouchers. Enjoy!

Willows Place and Corby Awards will be giving some insight into what has been going on in Corby and the future for the town. We have letters from our new Mayor Julie Riley, as well as the Carnival Queens who have been travelling around carnivals all over the UK this summer representing our great town - and a sterling job they have done.

As Xmas and New Year are upon us, we at Focussed would like to wish you all a very Merry Christmas and a Happy New Year!! May it be the best year for you and your family.

Editor & Designer

*Craig Barber*

## Five tips to keep your 2017 fitness goals on track

### You know it's that time of year again right?

Planning for 2017 - "New year, New me" blah blah blah.... And if your resolution is to lose weight, take my advice and change your focus and do it because you want to not just because you think you should like everybody else is.

Setting yourself a resolution like this can sometimes be counterproductive, as you can be too strict on yourself, expect results too quickly, and just set yourself up to fail.

But if you want to make real positive progress, here are my top five most successful tips to help you get fit and keep those resolutions on track in 2017.

**1.Keep it real...** If you have spent years trying to get fit and lose weight, don't be shocked when you don't get life changing results after the first two weeks. This is about making lifestyle changes and playing the long game for guaranteed success.

**2.Get moving...** Find something you like doing that gets you into a bit of a sweat and keep doing it, something as simple as taking the kids for a run around the park or a long walk with the dog to get you out of the house and moving!

**3.Eat for results...** This time of year is prime time for fad diets and the latest celebrity eating plans, but you won't stick to it just like you haven't in the past. We all generally know what's good and bad food, and that we should be eating plenty of good quality protein, veg, fruits, healthy fats and drinking plenty of water - often though we simply don't see it through. Be consistent, don't be too harsh on yourself, enjoy the occasional slice of cake, and see it through. Trust me!

**4.Lift weights...** Don't be scared to lift weights, hitting the gym will help change your shape and increase the calories that you burn. Keep it varied and fun and something you can do at least three times per week without it ever feeling like a chore.

**5.Ditch the scales...** Getting on the scales every day won't help you shift any more weight, and this can sometimes leave you feeling down and negative towards your goals. Take regular pictures of yourself as a guide, let the mirror and your clothes do the talking - not the scales. The magic number we all chase doesn't exist, so don't waste time trying to find it.



For more diet and weight loss tips follow Chrysalis and the team on Facebook.

By Neil Irving,  
Head Coach at  
Chrysalis Fitness & Nutrition Lab

Advertisers are reminded to ensure the accuracy of their content.

## Free artwork

will be provided with your first advert or advertorial booking to a professional level, created by ourselves with over 15 years' experience in advertising copy, so we understand how to get the most from your advert giving you a greater return.

proud partners with



Corby Radio

T: 01536 265666

e: [studio@corbyradio.com](mailto:studio@corbyradio.com)

w: [www.corbyradio.com](http://www.corbyradio.com)

To advertise please contact:



Focussed Publications Ltd

Office number 5, Corby Enterprise Centre, London Road Priors Hall, Corby NN17 5EU

**Craig Barber: 07710 569 142**

[craig.barber@focussedpublications.co.uk](mailto:craig.barber@focussedpublications.co.uk)

**Shaun Coleman: 07773 586 006**

[shaun.coleman@focussedpublications.co.uk](mailto:shaun.coleman@focussedpublications.co.uk)

[www.focussedoncorby.co.uk](http://www.focussedoncorby.co.uk)

[/Focussed.on.no.1](https://www.facebook.com/focussedmag)

[@focussedmag](https://www.facebook.com/focussedmag)



Barbwire Design

59A Corporation Street, Corby, Northants NN17 1NQ

**M: 07710 569 142**

[craig.barber@barbwiredesign.co.uk](mailto:craig.barber@barbwiredesign.co.uk)

[www.barbwiredesign.co.uk](http://www.barbwiredesign.co.uk)

[/BarbwireDesign1](https://www.facebook.com/BarbwireDesign1)

[@Barbwire\\_Design](https://www.facebook.com/Barbwire_Design)

[/barbwiredesign](https://www.linkedin.com/company/barbwiredesign)



Also available to cater for  
Business Lunches and  
Private Functions



Offering Great  
Coffee, Snacks,  
All Day Breakfast &  
Home Cooked  
Quality Food!



**FIGARO'S PIZZA**  
**Call: 01536 401030**  
**FREE** local delivery for pizza

Open Monday to Saturday 8am - 5pm  
74 George Street, Corby NN17 1QE

**Call: 01536 402455 / 07446 651360**  
figaroscafe1@gmail.com  /corbyfigaros

# DUFFY PLUMBING SERVICES

**ALL ASPECTS OF PLUMBING**

**& HEATING CARRIED OUT**

- Boiler breakdowns
- Boiler servicing
- Power flushing
- Free estimates
- Landlord gas safety records
- All types of heating
- Central heating
- And much more

**WE BEAT ALL  
GENUINE QUOTES**



 **01536 393995**

 **07977 104 824**

# TREK THE ICONIC MOUNT KILIMANJARO FOR LAKELANDS HOSPICE

27th September to 2nd October 2017



THIS IS A FANTASTIC OPPORTUNITY FOR THE  
EXPERIENCE OF A LIFETIME WHILST RAISING  
MUCH NEEDED FUNDS FOR A LOCAL HOSPICE

Towering over the sandy  
plains of Tanzania stands

## Mount Kilimanjaro

– the world's tallest free standing  
mountain. This breath-taking trek will  
guide you up the tranquil Machane  
route where you will trek through  
deep forest, home to spectacular  
wildlife, stretching up to moorland  
and onwards towards glaciers  
before reaching the Uhuru peak.  
This will be one of the most  
challenging and rewarding  
experiences of your life, join us  
and be part of this truly  
magnificent journey.



For an information pack and full details of the  
schedule and costings please contact

**Paul Marlow on 01536-747755**

Lakelands Hospice fundraising manager  
[paulmarlow@lakelandsdaycarehospice.org.uk](mailto:paulmarlow@lakelandsdaycarehospice.org.uk)

Lakelands Hospice Caring for Corby, Funded by the community for the community



# Bella Knit

YARN, FABRIC & HABERDASHERY

Stockists for:

Sirdar

Stylecraft

James C Brett

TB Ramadan Yarns

**Now in stock!!**

King Cole Yarns

also

DMC, Aida, Zips, Ribbons  
and much more.

Find us in Corby Town Centre

Corporation Street, 5 Balcony Parade (above Poundland), NN17 1NL

Telephone 01536 267344 :::: e-mail [bellaknit@live.co.uk](mailto:bellaknit@live.co.uk)

Mike  
Brown



# C CORBY TOWN SHOPPING & WILLOW PLACE

**Corby Town Shopping & Willow Place** is home to over 150 retail shops, bars, restaurants and cafes and forms the heart of Corby's retail and leisure offer.

The town centre attracts over 150,000 shopper visits every week, attracting visitors not only from Corby but surrounding towns and villages.

Over the last 10 years we have invested over £50 million in developing and extending the town centre. Since 2007 we have attracted fabulous multi-national retailers to the town centre including Primark, H&M, TK Maxx & River Island. These new brands to the town complement our established brands, such as Argos, Savers, New Look, Wilko, Boots, H Samuel and our vast range of independent retailers, the back bone to the success of the town. Longstanding independent shops such as Bhanu Fashions, George Allan, The Schooner, County Salon, The Letting Company, Planet Coffee and Flowertime have recently been joined by high fashion independent retailers Robert Goddard, jewellers Charbecks and the much acclaimed dessert parlour ItaiGelato.

We are proud of our street market which operates 6 days a week, adding vitality to the street scene and offering a wide variety products, goods and services.

We do not take the success of our town centre for granted, we strive to continually improve the look of the town; our recent rebranding has proved extremely popular and gives all elements of the town centre an inclusive feel.

Standing still is not something we contemplate, a small and dedicated team work tirelessly to explore new avenues of improvement. We have recently submitted a planning application for the redevelopment of the south east corner of the town centre. If planning is approved we will deliver a fabulous new car park and over 40,000 square feet of new retail and leisure.

Every day is an exciting day in Corby Town Shopping & Willow Place, we are proud of what the town centre has become, a magnet for shoppers from all over the county, a beacon competing towns look up to, a town centre the people of Corby can be and are proud of. An evolving town centre, growing with the population.



Corby Town Shopping & Willow Place really is getting **“Bigger, Brighter, Better”.**



For more information or to share ideas on how we can further improve your town centre please call Town Centre Director Dan Pickard on 01536 200073 or drop us an email to [info@willowplace.co.uk](mailto:info@willowplace.co.uk)



# 20% OFF\*



**MAMMALICIOUS**  
AFRO CARIBBEAN RESTAURANT BONGO RUM BAR

WHEN SPENDING £30 OR MORE

3-5, Corporation St, Corby NN17 1NG  
01536 268883

## 3 MONTHS FREE SUBSCRIPTION\* TO XERO ACCOUNTING SOFTWARE



PERFECT FOR SMALL HOME BUSINESSES  
QUOTE: FOCXEI

www.elsbyandco.co.uk // 01536 216157

## FREE TEA OR COFFEE



FOR ONE PERSON WITH  
THIS VOUCHER

74A George Street, Corby NN27 1QE  
f/corbyfigaros // 01536 402455

## 10% OFF\*

on purchases £50 or more  
-excludes Annie Sloan products

Much Loved

53-57 High Street, Old Village, Corby NN17 1UY  
f/MuchLovedShabbyChicandVintage // 07984 400585

## 3 MONTHS FREE MANAGEMENT



for new landlords

13 Balcony Parade, Corporation St, Corby NN17 1NL  
http://the-letting-company.co.uk // 01536 402 323

## 10% OFF\*

FIRST ORDER FOR BRANDED/  
PROMOTIONAL PRODUCTS  
WITH YOUR LOGO PRINTED ON



Corby Enterprise Centre, London Rd, Priors Hall, NN17 5EU  
www.focussedmarketing.com // 07710 569 142

\*All vouchers expire 28th February 2017 unless stated otherwise

# Escape from the world

- Massage
- Spray Tanning
- Flotation Therapy
- Microdermabrasion facial and much more!

A relaxing retreat hidden away in the hustle and bustle of the town centre, Lilypad Spa is where you will find a haven of relaxation providing an extensive selection of beauty treatments to suit all ages. We are here to make you feel and look more beautiful, so come and unwind with our experienced, professional beauty therapists and enjoy the care and attention that you deserve!



### Special offers:

Wash and Blow Dry	£12.00
Wash, Cut, Blow Dry	£18.00
Full head colour finished with Wash Cut and Blow Dry	£45.00
Roots finished with Wash Cut and Blow Dry	£35.00
30 minute Spa package Facial and Massage	£28.00
60 min Spa package Facial and Massage	£35.00

Lilypad Spa

173 Farmstead Road, Corby, Northants NN18 0LL

Tel: 01536 201021 Email: thelilypadspa@gmail.com

www.thelilypadspa.co.uk



**£25**  
Personal Training for  
**TWO PEOPLE**  
training at the same time  
QUOTE: FOCUSED

LEADING THE WAY IN  
**PERSONAL TRAINING  
& GROUP FITNESS**

Available for:  
 - One-on-One Personal Training  
 - Group Training  
 - Women's Fitness Class  
 - X fitness Class (Get fit fast!)  
 - Military Bootcamp  
 - Sports Training  
 - Wedding Packages  
 - Core H.I.I.T Class  
 - Tailored Nutrition Plans

**Jason Strachan:**  
 Combined Honours Degree in Sport  
 Master Personal Trainer -  
 Boxing and strength conditioning coach

**JASONSTRACHAN**  
PERSONAL FITNESS

T: 07596 702 867  
 /JasonStrachanPersonalFitness  
 E: jsstrachan1@gmail.com  
 W: www.jstrachanfitness.co.uk

**CHARLES BARRY BARBERS**

**EVERYTHING GUYS WANT IN A BARBERSHOP**

WEN'S HAIRCUT	£11.00	OPENING TIMES
RESTYLE	£15.00	MON: 9-5.30PM
BOY'S HAIRCUT	£9.50	TUE: 8/8.30-5PM*
BABIES' HAIRCUT	£8.50	WED: 9-5.30PM
PENSIONERS HAIRCUT	£8.50	THURS: 9-7PM**
BEARD TRIM	£4.50	FRI: 9-5.30PM
HOT TOWEL SHAVE	£15.00	SAT: 8.30-2.30PM

T: 01536 746924  
 16 Charter Court, Butland rd  
 Oakley Vale NN18 8QT  
 \*\*7pm closing time for this shop only

T: 01536 203010  
 40 Elizabeth Street  
 Corby NN17 1PN  
 \*8.30am opening time for this shop

www.charlesbarry.co.uk :: charlesbarry2@live.co.uk  
 /CharlesBarryBarberShop/

www.focussedmarketing.com

**focussed Products**

**ADD YOUR LOGO TO ANY PRODUCT**

We offer a wide range of products for you to print your logo onto. Download the app today from Google Play, iTunes and Windows to check the range and prices out.

**SEARCH> focussed on marketing**  
 see our voucher for 10% off your first order.

Give us a call today to see how we can help  
 Shaun:  
 07773 586006



# NEW WEBSITE

www.barbwiredesign.co.uk



Online 'PRINT' shop  
coming soon

The easy way to get a quote  
and order your prints  
direct to your door

- ✕ BUSINESS CARDS
- ✕ APPOINTMENT CARDS
- ✕ LOYALTY CARDS
- ✕ FLYERS/LEAFLETS
- ✕ POSTERS - LARGE FORMAT A0-A4
- ✕ BROCHURES
- ✕ LETTER HEADS
- ✕ COMPLIMENT SLIPS
- ✕ INVITES
- ✕ BANNERS
- ✕ ROLLER BANNERS
- ✕ EXHIBITION STANDS
- ✕ FLAGS
- ✕ POSTCARDS
- ✕ A BOARDS
- ✕ MAGAZINES
- ✕ CD/DVD COVERS

and much more!



- ☎ 07710 569 142
- @ craig.barber@barbwiredesign.co.uk
- 🌐 www.barbwiredesign.co.uk
- f /BarbwireDesign1

Professional  
design service  
available

focussed on

# Corby Town FC

#WeAreCorby



If you venture up to the Rockingham Triangle in the northern area of the town, just across from Rockingham Castle, you will find Steel Park Stadium the home of Corby Town Football Club.

The Steelmen have been a huge part of the town's history and culture since they were formed in 1948. They currently compete in the Northern Premier League, averaging crowds of over 600 during the last season. As well as recent success such as the Southern League championship winning season in 2014/15, Corby have also hosted some giants of European football in pre-season friendlies during recent seasons including FC Porto, PSV Eindhoven, Premier League champions Leicester City, Newcastle United, Leeds United and Liverpool who included Philippe Coutinho and Emre Can in their starting XI.

Since taking over the club in April 2014 the current board of directors, made up of local businessmen, have also worked hard to take the club back into the community that it serves and encourage football for all in the Corby Borough.

Corby Town now have youth sides representing the club from Under 11s up to Under 16s in both boys and girls leagues, as well as a double winning Under 18s youth side and a full time Under 18s academy in partnership with the town's CKW academy.

A senior womens team was introduced for the first time last season and went on to claim the Northants Womens and Girls league title during their first campaign, in emphatic style.

In addition to these development teams, the Steelmen offer coaching sessions in schools, half term soccer schools, walking football taster sessions and opportunities for local teams to be ball boys/girls at first team fixtures.

There is also a bar and boardroom at the club, which are open on match days and available for both corporate and private hire 7 days a week.

Corby Town chairman Stevie Noble said: "It has been the commitment of the board to take the club back into the local community since day one and that has never changed. This club belongs to the people of Corby and exists to represent them on the field and provide them with opportunities off the field.

Through our youth sides young boys and girls across Corby are able to represent their hometown team and show people what it means to be a Steelboy or Steelgirl.

Over the coming year we are looking to expand on our current coaching sessions and to enhance our links with local primary schools by offering coaching sessions for the pupils. We see it as our responsibility to help nurture talent in this town and to provide a clear pathway for local footballers to develop and progress in the game and as human beings.

This continues in to our full time academy, where we provide professional coaching and education to young footballers aged 16-18 as part of our two year course."

On the field things have not been so positive in recent times for the Steelmen, who have struggled at the start of the 2016/17 season following their relegation from the Vanarama National League last season.

Noble added; "We have been going through a tough time over the past year on the pitch, however the way that the supporters have stood by us is testament to what the people of the town feel for this club and we really appreciate their fantastic support and want to give something back.

We now have a new management team in place and are backing him to bring in a squad that he believes can achieve success for the club and the town. We have already added a former Premier League striker in Stefan Moore and will be looking to add more quality.

The football club is here for the whole town and we would encourage anybody to come and support the team when we are playing. We want to create a Corby Town Football Club that local people can be proud of, both on and off the pitch."

For more information please visit [www.corbytownfc.co.uk](http://www.corbytownfc.co.uk) or contact Stevie Noble on 07976 313 030.

Gary Mills - Manager  
David Bell - Assistant Manager



Alan Strickland with some of the youth team  
contact: 07836586062 || [alan.alpha@btconnect.com](mailto:alan.alpha@btconnect.com)

# Corby Town Youth Academy

Corby Town youth academy was formed in 2012 under head of youth Mark Peters. Starting off with 7 teams, U11-U16 age group, after 2 seasons lack of numbers forced a rethink.

Alan Strickland was appointed academy director in 2015 to oversee a major change of direction. Cutting back to 3 teams, U11, U15 and U16 for this year, all teams play in the NERF junior premier league against football league and conference opposition.

The academy provides a link from local community into professional football and is a pathway where talented players can progress. It is our ethos to ensure football is accessible and affordable with top class coaches at our academy. Sponsored by Alpha Tanker Services, also a local company, we aim to increase age groups for 2017/18.

FREE MATCH DAY TICKETS ON NEXT PAGE

## CORBY TOWN Ladies

The new female section of Corby Town FC originally started as Corby Gems FC in 2011 with aim to provide girls in Corby and the surrounding area a chance to play football in a female only focussed environment.

The club has blossomed year after year, culminating in the formation of the Ladies team in 2015, and this year with the entire section playing under the Corby Town banner. The teams have had numerous successes over the years, winning League titles and League Cups and with the ladies winning the League in their first season, overall the future is bright for female football in Corby.

The club does not just develop the players on the pitch but actively encourages the girls to become involved with the coaching side and at present have 7 female coaches that have either played or are still playing the sport within the club. Many of the girls also train with the County FA's Girls Advanced Coaching Centre and more recently one of the U15s squad was accepted into Boston United FC Centre of Excellence, part of the FA player pathway into the national squad. The girls develop great friendships within the club and learn how to work as a team to achieve their goals, something which we believe will set them in good stead for adulthood.

Corby Town isn't just a Football Club, it's a family, it's a focal point, it's where many members of a wider community gather to support a club that carries the name of the town where we live.

It's not all about the 1st team either. Much of the focus may be on the Steelmen's first team, however there are the academy teams, the youth teams and a successful ladies team.

Many local businesses have been involved with what happens at Steel Park and the ongoing support from the likes of Utility Bidder, DJ Drinks, Alpha Tanker Services, Quality Premier Services, CKW Academy and Amazy. Advertising at Steel Park is a great way to ensure your business is seen locally whilst supporting a great, local Team that helps support the community.

If you require any information regarding ladies training times etc please contact  
**Sheila on 07887 707 319 or [corbytowncladies@gmail.com](mailto:corbytowncladies@gmail.com)**





## 25% OFF MATCH DAY ENTRANCE

FOR ONE PERSON, FOR ANY 1st  
TEAM HOME GAME IN JANUARY



Steel Park, Rockingham Rd NN17 2FB  
www.corbytownfc.co.uk // 01536 406640

## FREE U16s MATCH DAY ENTRANCE

FOR ONE PERSON FOR ANY HOME  
GAME IN DECEMBER 2016



Corby Town FC, Steel Park, Rockingham Rd NN17 2FB  
www.corbytownfc.co.uk // 01536 406640

## 'Our Woods' Festival Finale\*

### 'Dreaming Our Woods' - 2 FREE TICKETS

WHEN PURCHASING 2 TICKETS FOR NIGHTS OF  
5/6/7th MAY: Limited to one evening



01536 744070

www.deeprootstalltrees.org/our-woods

## £45 ONAIR LISTENER EXPERIENCE\*

NORMALLY £60 - PLAY YOUR FAVOURITE  
TUNES LIVE WITH YOUR FAVOURITE  
PRESENTER FOR 1 HR - INCLUDES  
GOODIE BAG WITH T-SHIRT, HAT & MUG



(Above Iceland) 59A Corporation Street, Corby NN17 1NQ  
www.corbyradio.com // tel: 01536 265666

## TEETH WHITENING £35 PER PERSON

RRP £60 -  
ONE VOUCHER PER PERSON

Valid until 31st Jan 2017



Lily Pad Spa, 173 Farmstead Road, Corby  
www.lilypadspa.co.uk // 01536 201021

## 10% OFF\*

ANY SERVICE PROVIDED



01536 393995 // 07977 104824

## 20% OFF\*

FOR NEW CLIENTS USING  
HAIR, BEAUTY OR TANNING



12 & 14 Charter Court, Butland Road, Corby NN18 8QT  
f/VanityLoungeCorby // 01536 743443

## 20% OFF\*

SHOE REPAIR, KEY CUTTING  
AND WATCH REPAIR

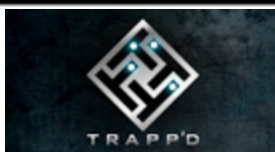


39A Corporation Street, Corby NN17 1NQ  
01536 443233

## 15% OFF

OUR NEW EXCITING ESCAPE ROOMS -  
VALID THROUGHOUT  
JANUARY 2017 ONLY

Voucher Code:  
FOCJAN15



6 Priors Haw Rd, Corby NN17 5PH  
www.trappd.com // www.facebook.com/trappdgames/

## FREE DESSERT\*

WITH BOTH A STARTER AND  
MAIN MEAL PURCHASED



1QUBE Café Bar, George Street, Corby NN17 1QG  
www.qubecafebar.com // 01536 269266

## FREE HOT DRINK\*

of your choice with every purchase  
over £5 @ Lakelands Emporium  
Post Office Square Corby



Deene House, New Post Office Square, Corby NN17 1PB  
www.lakelandshospice.org.uk // 01536 747755

## 10% OFF\*

TO USE WITHIN STORE  
ONE PER PERSON



Balcony Parade, Henley House, Corporation St, Corby NN17 1NL  
www.facebook.com/bella.knit // 01536 267344

\*All vouchers expire 28th February 2017 unless stated otherwise

\*All vouchers expire 28th February 2017 unless stated otherwise

# Much Loved

Much Loved in Corby Old Village has:

- ♥ Unique gifts and local craft work
- ♥ the famous Annie Sloan Chalk Paint
- ♥ furniture including hand painted
- ♥ shabby chic and vintage soft furnishings
- ♥ old fashioned toys (new and original)
- ♥ Italian Couture

**We are well known for our very popular**

- ♥ Annie Sloan workshops
- ♥ Kevin Bennett upholstery classes

**For those who don't have time**  
Much Loved *undertakes*

- ♥ furniture painting commissions
- ♥ re-upholstery

**Merry Christmas & Happy New Year**

Visit all seven rooms at Much Loved today and discover why our shop is well named!

**57 High Street in Corby Old Village**  
NN17 1UU | Mon-Sat 10-5 | 07984 400 585  
f /MuchLovedShabbyChicandVintage

**GIFT VOUCHERS AVAILABLE**

**ANNIE SLOAN WORKSHOPS STOCKIST**

**Open Tuesday-Sunday**  
All Welcome

## Corby Smash

Table Tennis Centre

Improve your social life, health and fitness by playing table tennis at our **olympic standard** facility!

**Hire a table**  
or  
**Get top quality coaching**  
Prices from £2.50

sponsored by **Butterfly**

Telephone: 01536 206375  
Mobile: 07510 356007  
email: enquiries@corbysmashttc.co.uk  
Website: www.corbysmashttc.co.uk  
Unit G, Marconi Courtyard, Brunel Road, Corby, NN17 4LT  
Watch us and 'Like' us on Facebook: f /corbysmashttc

## Corby Chiropractic

LAKESIDE SURGERY & FOREST GATE SURGERY

Corby's first and only Chiropractic service since Jan 2014!

**Do you suffer from:**

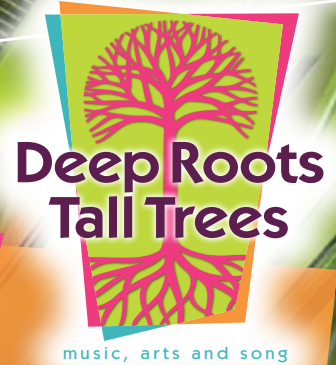
- Lower back or leg pain
- Neck pain and headaches
- Stiff muscles and joints
- Painful shoulder
- Tennis elbow
- Knee and hip pain
- Plantar fasciitis
- Sports injuries

01536 204154  
corbychiropractic@gmail.com  
www.corbychiropractic.com

General Chiropractic Council | British Chiropractic Association

# OUR WOODS

FESTIVAL FINALE



# Dreaming Our Woods

A SPECTACULAR SOUND, MOVEMENT AND LIGHT EXPERIENCE FOR ALL

Friday 5, Saturday 6, Sunday 7 May 2017  
8pm performance at The Core at Corby Cube,  
George Street, Corby, NN17 1QG  
9.30pm walk followed by pop-up café till late

Come to experience International jazz singer and writer Barb Jungr, acclaimed choreographer Neil Paris and international sound and light artist Kurt Laurenz Theinert lead a team of performers in a multi-media transformation of space, time and place inspired by the woodlands of Corby.

Then go on a magical illuminated walk through Thoroughsale Wood led by Pied Piper, Cat Gerrard, to an intriguing light projection by Kurt Laurenz Theinert and Deep Roots Tall Trees music at the Boating Lake with a pop-up café for food and drink.

**Ticket Prices £12.50**  
**(£10 concession)**

**To book:** Tel. 01536 470470 or  
[www.thecorecorby.com](http://www.thecorecorby.com) or call  
in at the ticket office.

We charge a £1 per-transaction fee for telephone and website bookings only, does not apply in person or to groups.

If you book 10 tickets or more during the course of the festival, you will be placed in a lucky draw to win a two course meal plus a bottle of wine for 4 people at OLIVE, Mediterranean restaurant, Grosvenor House, George Street, Corby, NN17 1QB



focussed on



# Corby Awards 2016

On Friday 30th September we were lucky enough to be invited to the fourth annual Corby Awards ceremony, which saw a packed out Rockingham Forest hotel with the crème de la crème of Corby Businesses and The Lady Mayor of Corby as guest of honour all dressed up and ready to celebrate their own and each others successes in their respective categories.

After a scrumptious 3 course meal washed down with a couple glasses of vino it was time to get down to business.

The first category was for best use of social media and the finalists were: Watch my Chops dog training, The Sun Shack, House Pets Corby and Gateway HR. The Sponsors choice winner being House Pets Corby and the Corby Awards winner Gateway HR.



Category number 2 celebrated the best sole trader award and the finalists were: Sophia Mad 2 Perform, KTV Tableware hire, Brides of Corby, Harley's Furry Tail Boutique, Mucky Pups Child care, TMM Carpentry and Vintage Dens. The winner of the sponsors choice award was Watch my Chops Dog training and the Corby Awards winner was Mucky Pups Childcare.

The third category celebrated best dining experience and the finalists were: The Good Bean Café, Tea Jenny's Cottage, Hungry Hossee, The Sondes Arms, Olive and Italegelato. The sponsors choice winner was Olive and the Corby Awards winner being the Good Bean Cafe.



The fourth category was for best health and beauty and the finalists consisted of: High Maintenance Salon, House of Hair, Evie's Hair and Beauty, Corby Chiropractic, Classics Beauty, Little Hair Boutique, Carodance Fitness Professionals and Ruby Rose Health and Beauty. The sponsors choice was Carodance Fitness Professionals and the Corby Awards winner was Ruby Rose Health and Beauty.

The best Trades and Services awards saw the following finalists: Watch my Chops Dog Training, DC Jointing, Mucky Pups Childcare, KTV Tableware Hire, TMM Carpentry, Little Learners Childcare, House Pets Corby and JB's Garage. The Sponsors Choice award was taken home by TMM Carpentry and the Corby Awards winner was KTV Tableware Hire.



The sixth category was for Small Business of the year. The finalists were: KTV Tableware Hire, UK Brand Sales LTD, Hair by Hayley, Hungry Hossee, House Pets Corby, Ashfield Consultancy, Gateway HR LTD, Millar Aquatics. The sponsors choice was awarded to Ashfield Consultancy and the Corby Awards winner was Millar Aquatics.

Best New Business finalists were: Nicole Hope Music, Brides of Corby, Gracious Events, Catch 22, Corby Chiropractic, Ziggy's Children's Parties and The Sun Shack. The sponsors choice of the evening was Corby Chiropractic and the Corby Awards winner was The Sun Shack.



The Penultimate and uplifting category of the evening saw an emotional Nancy Green from Classics Beauty accept her trophy for Inspiration of the year award, with a standing ovation that nearly took the roof off.

Finally, the evenings most prestigious award saw finalists battle it out to be crowned Best Business of the year! Those amongst the contenders were Laurence Recruitment, Star Cars, Little learners Childcare, Italegelato LTD and the Race Club Carting UK. The Sponsors Choice winner was The Race Club UK and the big Corby Awards winner of the night was Little Learners Childcare.



The Sponsors, without whom the awards would not be possible, deserve a special mention and they should be proud to be advocates and lead the way for all businesses big and small in the area. So thank you to: Chrysalis fitness and nutrition, Land rover experience, Eazyprint, Corby Rugby Club, Cambridge weight plan, Elsby and Co, Jaycee trophies, Box Photography, Innovation Audio Visual, Velocity and Salonista.



And finally a big thank you to the charity of the event, Lakelands Hospice, who kindly provided the commentary for the evening from Paul Marlow and thanks to the generosity of everyone present for raising £564.00 for this fantastic local charity.

Each business clearly demonstrated excellence in their field and we can only imagine how difficult it must have been to choose the winners. As was said in the evenings opening speech, each person present deserved to be in the final and everyone of them is making Corby the great place it is to live, work and prosper!


We for one, cannot wait for next years' awards ceremony, which we are sure will be every bit as fantastic to be a part of as this one was!

[WWW.CORBYAWARDS.CO.UK](http://WWW.CORBYAWARDS.CO.UK)



A HUGE THANK YOU TO THIS YEARS SPONSORS





**TRAPP'D**


**LIVE ACTION  
ESCAPE  
GAMES**

THE LATEST  
CRAZE TAKING  
THE WORLD BY  
STORM

TRAPP'D  
(NEXT TO ADRENALINE ALLEY)  
6 PRIORS HAW RD, CORBY  
NORTHAMPTONSHIRE NN17 5PH

EMAIL: INFO@TRAPPD.COM

**WWW.TRAPPD.COM**




**TABLEWARE HIRE**

Wedding and Event Decor Specialists.  
*by appointment only.*

Telephone: 01536 628911  
Web: [www.ktvtablewarehire.co.uk](http://www.ktvtablewarehire.co.uk)  
Email: [enquiries@ktvtablewarehire.co.uk](mailto:enquiries@ktvtablewarehire.co.uk)



Corby Awards  
WINNER

**Classics**  
Beauty Specialists

Makeup Specialist  
Skin Care Specialist  
Nail Technician  
Tanning  
Waxing  
Pedicures/Manicure  
HD Brows



Mobile: 07960 871005

42 Rockingham Rd, Corby NN17 1AD



Corby Awards  
WINNER

The holidays might be over...  
But it's never  
too late to  
feel great!



with Miranda

Join Miranda's Award Winning Club  
(formerly Rosemary Conley Diet & Fitness)

Where her 20 years experience helping local people to lose weight can help you to achieve your goals.

<b>CORBY</b> Kingswood Secondary School Gainsborough Road, Corby, NN18 9NS Tuesday 6.00 pm to 7.30 pm	<b>DESBOROUGH</b> The Loatlands Primary School Harrington Road, Desborough, NN14 2NJ Monday 6.00 pm to 7.15 pm
<b>Great Oakley Village Hall</b> Lewin Road, Corby, NN18 8J5 Thursday 10.00 am to 11.15 am	<b>KETTERING</b> Four Classes in Kettering tool

**Pilates courses call for more information?**

 T: 01536 724376 or 07979 042925  
E: [miranda.menzies@hotmail.co.uk](mailto:miranda.menzies@hotmail.co.uk)  
W: [www.weighinandworkout.co.uk](http://www.weighinandworkout.co.uk)  
f/mirandamenzies



**elsby & co**  
Corby

Business Advisors | Taxation Advisors | Accountants

We are a local, family run business that truly goes above and beyond to understand you and your situation. We choose to work with small businesses as we see the difference our continued support can really make. We get great satisfaction when you succeed and this comes from us learning about your business and what you want to achieve.

### The services we provide are:

- 📌 Setting up your business  
(sole traders, partnerships, limited company - what option is best for you?)
- 📌 Year end accounts
- 📌 VAT returns
- 📌 Tax returns (personal / business)
- 📌 Payroll services
- 📌 Bookkeeping support
- 📌 Cloud accounting software (support and training)
- 📌 Estate and Inheritance tax planning
- 📌 VAT advice
- 📌 Tax advice



We are based in the **Corby Enterprise Centre** and always available whenever you need us. If you are a more established business we can also help.

To find out how we can help you, call us on **01536 216157**, email [Leanne.revie@elsbyandco.co.uk](mailto:Leanne.revie@elsbyandco.co.uk) or visit our website, [www.elsbyandco.co.uk](http://www.elsbyandco.co.uk) to find out more.



Remember, we look forward so you can move forward.

Tel: 01536 216157  
Email: [Leanne.revie@elsbyandco.co.uk](mailto:Leanne.revie@elsbyandco.co.uk)  
Web: [www.elsbyandco.co.uk](http://www.elsbyandco.co.uk)





- 🏠 Experts in residential Lettings
- 🏠 Estate/Block Management
- 🏠 ARLA qualified staff
- 🏠 Members of the ombudsman scheme

Covering

Cambridgeshire, Leicestershire, Northants, Rutland & South Lincs

TEL: 01536 402323

Email:sales@lc4u.biz

13 BALCONY PARADE, CORPORATION STREET,  
CORBY, NORTHANTS NN17 1NL

[www.the-letting-company.co.uk](http://www.the-letting-company.co.uk)



# MAAMALICIOUS

AFRO CARIBBEAN RESTAURANT BONGO RUM BAR

**Come taste our authentic homemade food.**

Experience our exotic scenery and friendly staff who are ready to help you choose from our variety of palatable dishes.



**FREE GLASS OF JUICE**

with 2 course meal (Starter and Main)

**OR**  
**FREE GLASS OF WINE EACH**

for table of two with both a main and starter purchased



hungryhouse

Tuesday to Thursday - 12pm to 8pm  
Friday to Saturday - 12 noon to 10pm  
Sunday - 2pm to 8pm  
Monday - Closed

**01536 268883**

3-5 Corporation Street, Corby NN17 1NG



**JUST EAT**

**Corby** 96.3  
**RADIO** fm

Good morning, we've just had a request from Frosty and Rudolf, who tells us that Santa loves listening to Corby Radio 96.3fm, and could we wish **Merry Christmas to everyone in Corby**



*Have a very  
Merry Christmas and Happy New Year*

**01536 265 666**

[www.corbyradio.com](http://www.corbyradio.com)

studio@corbyradio.com Text: 963CORBY + MSG to 88802

**FINISH THE YEAR WITH THE PARTY OF ALL PARTIES**

**£5**  
ON THE  
DOOR  
8 - late

THE CORBY RADIO  
**END OF YEAR  
PARTY**

**FRIDAY 30 DECEMBER**  
at The Grampian Club

**SEVEN DECADES OF SMASH HITS  
WITH THE CORBY RADIO PARTY DJs**

**Corby** 96.3  
**RADIO** fm  
**01536 265 666**  
[www.corbyradio.com](http://www.corbyradio.com)

**Corby** 96.3  
**RADIO** fm  
Presents

**50s  
&  
60s  
night**



Relive the  
'Rock n Roll' 50s  
and the  
'Swinging 60s'  
with the great  
songs that you  
grew up with

**£5** on the  
door

**Fri 27th Jan**  
8 - late  
At The Grampian Club

# POP'S Brain Busting Crossword

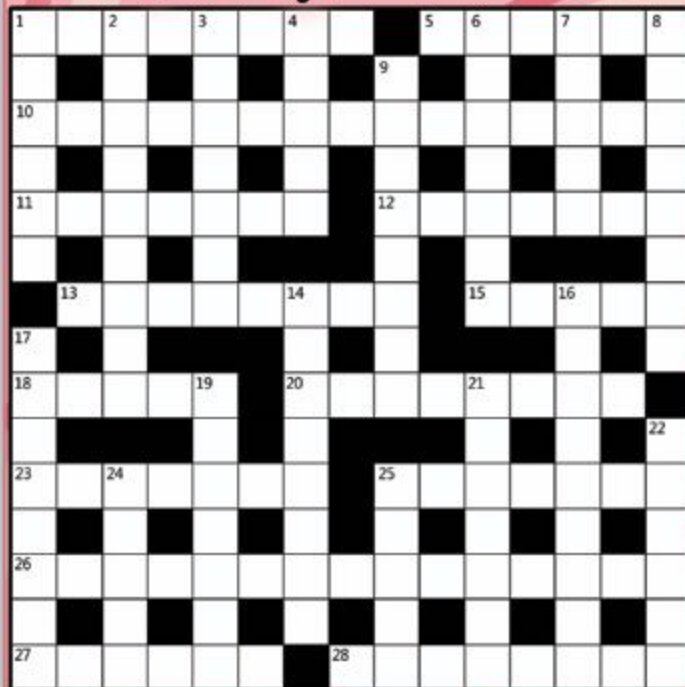
As far back as i can remember, on arrival at my grandparents house i would always find my granddad 'POP' working away at his crossword. Well it's my honour to bring to you his very own crossword, especially made for Focussed Magazine. Go on give it a go!

## ACROSS

- 1) PUT BACK (8)
- 5) SMALL PIECES (6)
- 10) INFREQUENTLY (5-3-3-4)
- 12) CATTLE (7)
- 13) MEDITERRANEAN PLANT (8)
- 15) POISON (5)
- 18) CHASM
- 20) ORGANIC PLANT COMPOUND (8)
- 23) VERSUS (7)
- 25) LARGE BRITISH MAMMAL (3-4)
- 26) EXTREMELY ANIMATED (5-3-7)
- 27) STOP DOING SOMETHING (6)
- 28) ATTENDANCE (8)

## DOWN

- 1) LYRICAL (6)
- 2) PROHIBITION DRINKING CLUB (5-4)
- 3) MAN MADE TIMBER (7)
- 4) LARIAT (5)
- 6) A DEAD BODY (7)
- 7) COLOURLESS (5)
- 8) MUSICAL GATHERING (8)
- 9) EARLY MORNING (8)
- 14) ALTERING TO SUIT NEED (8)
- 16) SPECIFICATION (9)
- 17) DREAM WORLD (2-2-4)
- 19) BIRDS GENERALLY (7)
- 21) USEFUL CLIMBING KITS (7)
- 22) SHOE TYPE (6)
- 24) CORROSIVE LIQUIDS (5)
- 25) A GARDENER MAYBE (5)



↑ NORMAL CLUES

CRYPTIC CLUES ↓

## ACROSS

- 1) POLE QUIET ONE POT OFF
- 5) THROWS AWAY SMALL PIECES
- 10) HE'D TRY ONE NEW VAN OUT OCCASIONALLY
- 11) ANNOYING DAGGER NOT BEGINNING WITH UNSPECIFIED AMOUNT
- 12) HUMAN SMELL AND GRAPE TREES PRODUCE CATTLE
- 13) GENT WITH FAMOUS SAILOR IS A PLANT
- 15) WILD PARTY WITH CARDING POINT IS A BIG BIRD
- 18) SAILOR UNKNOWN WITH VESSEL MAKES A CHASM
- 20) ORGANIC COMPOUND FORMED WHEN A COVER HOLDS A METRIC WEIGHT NEARLY
- 23) BE THERE AROUND PROFITS AND OPPOSED TO
- 25) PRIME COLOUR SOUNDS EXPENSIVE ANIMAL
- 26) BEING TOGETHER WITH ABANDON IS VERY LIVELY
- 27) ABSTAIN FROM THE MAN FIRST
- 28) CHURCH EXISTED FIRST WAS IN EXISTENCE

## DOWN

- 1) VERSE IN CHARGE HOW LYRICAL
- 2) ORATE WITH SIMPLICITY IS AN ILLICIT BAR
- 3) EMPLOY SOME TIMBER ITS CHEAP BOARD
- 4) FEATURE CONTAINING ZERO FORMS RUNNING LOOP
- 6) RAT TO STATE THE DEAD BODY
- 7) A POINT TO LAYER PRODUCES A PALE LOOK
- 8) MUSICAL GET TOGETHER
- 9) ST VALENTINES SAY HAS TIME OFF AT SUNRISE
- 14) ADVERTISE COPYING INCLUDING
- 16) CREATURE NEARLY FOLLOWED BY ATOM CREATES A BENCHMARK
- 19) TRESPASS SHORT SIDE AND MAKE MOST BIRDS SAY
- 21) LARGE ENGLISH REPTILE GIVES EASY ACCESS
- 22) BRITISH SCOUNDREL WITH A BROAD ACCENT
- 24) CURRENT NAMES CORROSIVE MATERIAL
- 25) GARDEN TOOL AND ELISABETH RUHMACH

CROSSWORD BY MR JOHN MILLAR

ANSWERS IN ISSUE 3

## COMPETITIONS



# DESIGN Corby Town FC's 1st ever Mascot!

Open to all ages

Drop your design into  
Corby Radio Studios, opposite Heron Foods.  
Alternatively scan/take pic and send via email to  
[competitions@focussedpublications.co.uk](mailto:competitions@focussedpublications.co.uk)  
or in-box [f /Focussed.on.no1](https://www.facebook.com/Focussed.on.no1)

Entries need to be received by  
Tues 28th Feb 2017



1st PRIZE  
MASCOT MADE +  
HOSPITALITY DAY

2nd PRIZE  
HOSPITALITY DAY

3rd PRIZE  
CORBY FC  
FOOTBALL TOP

← PRIZES



# SAVOY CINEMAS

WIN  
A FAMILY  
TICKET  
TO CORBY SAVOY  
VALID FOR UPTO 4 PEOPLE

ONE SET A MONTH  
TO GIVE AWAY  
DEC-JAN-FEB

Simply send the correct answer to:  
[competitions@focussedpublications.co.uk](mailto:competitions@focussedpublications.co.uk)  
OR via in-box at [f /Focussed.on.no1](https://www.facebook.com/Focussed.on.no1)

You may answer all three questions to be  
entered to each months draw... Good Luck.

Winners will be picked at random by a member of the Corby Radio team

### DECEMBER:

Q: Doctor Strange is the latest of the Marvel Characters to get a big screen adaptation, but who plays him in the film?

### JANUARY:

Q: Fantastic Beasts And Where To Find Them is now out, but which set of magical books about a schoolboy wizard is this a prequel and spin-off to?

### FEBRUARY:

Q: Star Wars: Rogue One is now on, and tells the tale of the resistance fighters who stole the plans for the original Death Star (the back story behind the original 1977 Star Wars film), but what other famous franchise starring Harrison Ford as an archaeologist is Director/Producer George Lucas involved in?



*Hello from*  
**Clr Julie Riley**

Mayor of Corby  
2016-2017

Having lived & worked as a Teacher in Corby since 1977, I feel very honoured & privileged to represent the people of Corby. What a whirlwind 6 months I have had visiting more places, clubs and voluntary organisations that I ever imagined existed in Corby. My charities this year are the Paediatric Air Ambulance & the Travers Foundation. The Baby Air Ambulance is a new service whereby a specialist team and equipment can be flown to any baby who needs special care, who does not live near a hospital specialising in their care. They also provide night cover with road Ambulances during the time the helicopters are not allowed to fly. The Travers Foundation is a volunteer run Charity that helps 13 to 30 year-olds improve their skills in sports, the creative arts and the performing arts. They help local teams, groups and individuals in Rutland, Leicestershire and Northamptonshire to achieve their potential.

Be sure to look out for my fundraising activities, and please dig deep to help these extremely worthy causes wherever you can - it really is true that every little helps! I will be attending Corby Borough Council's Christmas Market on James Ashworth Square on Saturday 3rd December 2016 with a collection bucket and will be inviting people to have a go at 'Guess the Name of the Sprout' and 'Guess the Name of the Snowman' - there is an exciting prize of Family Pass the Parcel up for grabs - perfect to be played around the Christmas table!

You can also look out for my Talent Night, Fashion Show and Mad Hatters Ball coming up in the new year along with much more!! If you would like to volunteer or have any ideas of your own to help me raise as much money as possible, then please get in touch via Facebook (Julie Riley), or e-mail Alison.Beattie@corby.gov.uk



*Wishing you all a Merry Christmas & a Healthy and Happy New Year*

Well... The end of my reign is drawing ever closer and as this is the last edition of Focussed, before I stand down, I would like to take this opportunity to say how grateful I am to all of those who have supported Corby Carnival this Year. The time has flown and I have gained so many very valuable memories that I will always hold dear and treasure for the rest of my life. I have made some fantastic friends and met some really lovely people along the way and would highly recommend being a Carnival Princess.

Corby Carnival was absolutely brilliant this year and I know for a fact that it would not had been the same had everyone not come together to keep the atmosphere alive!

The first of my thank yous is to all of the Area Princesses who have done such great work raising money and supporting so many charity events within Corby. I would also like to thank all of the organisations that have invited us to attend their events and The Carnival Committee for organising everything! The Transport Gala played a big role this year in all of our East Carlton Park events, so I would like to thank them for that, thank you to the Mayor of Corby for all of her support and Terri Meehan, our wonderful chaperone.

This now leaves me with one last thank you...that is to the girls in my court. During our time together, we have all become great friends, through all of our ups and downs, our giggles and squabbles, our fun and the exhaustion, we always stick together, work as a team and do our very best to make Corby very proud. So, if I hadn't said it enough already...  
**THANKYOU!**

Kara - Corby Carnival Queen 2016  
Rosaland Munro  
Katie Donnelly  
xxx



Photograph: Simon Munday Photography

Hi I'm Paige Barber and I am Corby's junior carnival queen-

One day I woke up to realise that I was picked to be one of the six representatives to represent Corby!

I jumped out of bed in the morning and dressed up like a princess. I did my hair and put on my sparkly make up, then finally the time had come to slip on my big Disney dress. I am Ariel as our theme this year is Disney princesses!

I never thought I would be saying this but I felt like a real princess. Since then I have met beautiful girls inside and out and all the different courts. I have loved seeing how different other people's carnivals are to ours.

Me, Aimee and of course Kayleigh would just like to say thank you to everyone that has been involved with us this year including our parents and of course Terri. She is not just our taxi! She is our wonderful chaperone.

I am excited to see what the future holds for me and the other girls.  
Thank you for taking time to read this.  
Yours sincerely,  
Your Junior Carnival Court  
Paige Barber  
Kayleigh Reddington  
Aimee Ballantyne  
xxx

Celebrating our **20<sup>yr</sup>** anniversary in Corby

# SUPERIOR SERVICES

2 tradesmen - Over 70yrs experience

watch repairs engraving gifts key cutting batteries straps

WHY GO ELSE WHERE ????



## KEY CUTTING



HUGE range of keys



full range of Quality Gifts in Dartington Glass

## WATCH REPAIR CENTRE



Full engraving service



visit us at Corby Town Centre  
39A Corporation Street, Corby NN17 1NQ -

Phone: 01536 443233

search superior services on





## PRIVATE CLIENT AND COMMERCIAL LAW SPECIALISTS

As Solicitors, Lamb & Holmes understand the importance of seeking expert legal advice. For more than 200 years we have been advising and assisting local residents with our Private Client and Commercial Law services.

- Family Law
- Civil Litigation
- Settlement Agreements
- Residential Conveyancing
- Commercial Conveyancing
- Personal Injury
- Tax & Estate Planning
- Landlord & Tenant
- Debt Resolution
- Disputes
- Shareholder Agreements
- Partnership Agreements
- Wills and Probate
- Trusts
- Agricultural Law
- Notary Public



LAMB & HOLMES  
SOLICITORS

TRADITIONAL VALUES - MODERN APPROACH

w: [www.lambandholmes.com](http://www.lambandholmes.com)  
e: [info@lamb-holmes.co.uk](mailto:info@lamb-holmes.co.uk)  
t: Kettering 01536 513195  
t: Corby 01536 735166



Kettering



Corby